



FEED YOUR MIND

Cooking for
Brain Health



Saturday, November 2, 2019
10:00 a.m. – 12:00 p.m.

The Learning Kitchen
UW Health at The American Center
4602 Eastpark Blvd, Madison, WI

Learn about dietary choices that can reduce your risk for Alzheimer's disease. Participants will prepare brain healthy recipes inspired by the MIND diet for healthy brain aging.

Cost: \$30 (Participants in the Wisconsin Alzheimer's Disease Research Center's Clinical Core Study receive a \$20 discount when they use code 20MIND.)

Register online: www.uwhealth.org/feedyourmind

Questions? Please call (608) 265-0407



Wisconsin Alzheimer's
Disease Research Center
UNIVERSITY OF WISCONSIN
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Dr. Nathaniel Chin,
memory clinic doctor at
UW Health, is medical
director for this class.